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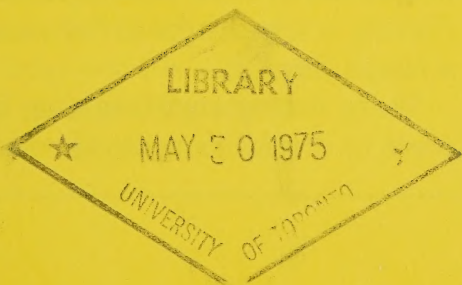
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“How
about a
drink to
unwind?”



Ontario

Ministry of
Health

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[Pamphlets]

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“How
about a
drink to
unwind?”

Tension. Stress. Pressure.

They are increasingly a part of our lives.

To relieve them, more and more people seem to be turning to alcohol. Having a few drinks to “unwind” after a tough day.

We’re not against drinking. If people want to drink, it’s up to them.

But we think you should know about the damage you could do to yourself if you drink too much or too often.

Most people use alcohol without hurting their health.

Nonetheless, heavy drinkers are known to have more liver problems. They have more disorders of the heart and blood vessels. They don't eat the proper food, they tend to smoke heavily and they're less physically fit.

Heavy drinkers die younger than others. That's a fact.

They have more accidents. In cars. In water. Around the house.

We're not trying to scare you. What we are trying to do is suggest that you try some other, healthier ways of unwinding more often.

Such as walking or jogging.

Playing tennis or bowling.

Skating or swimming.

Or a new hobby.

Next time you feel the need to unwind, do your health a favor.

Consider the alternatives.

“Here’s
to your
health.”